

LEWIS COUNTY

Sally Mineer,
County Extension Agent, Family & Consumer Sciences

2013

BUILDING STRONG FAMILIES FOR KENTUCKY



OUR FOCUS

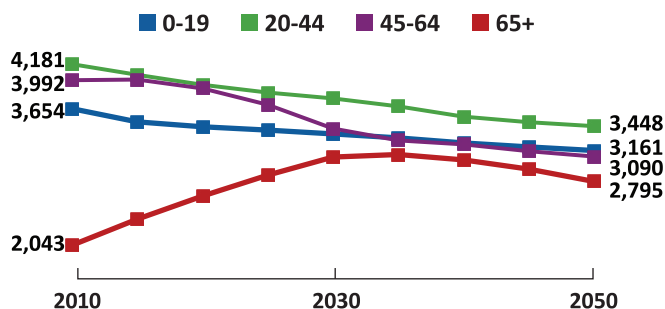
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Lewis County. To help families make wise decisions our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2011-2012, Family and Consumer Sciences Extension made **7,011** contacts with Lewis County individuals and families.²

OUR PEOPLE

Population projections by age group for Lewis County¹



SPOTLIGHT ON ...

TAKING CONTROL OF DIABETES

Lewis County, like other Kentucky counties, has a high incidence of diabetes. To address this concern, the local Diabetes Coalition, the medical facility PrimaryPlus, and the Lewis County Cooperative Extension Agent for Family and Consumer Sciences offered a four-week session in August that featured diabetes-friendly meals. Those attending were taught nutritious food preparation and portion control. A registered dietitian also was on site to answer nutrition-related questions. Fourteen attended every session, and from this they formed a group that meets once a month to hear a speaker and receive the support they need to stay on a healthy track. They did a follow-up meeting in December that focused on how to continue on their healthy food choices during the holidays.



OUR FAMILIES

According to the 2010 American Community Survey,³ between 2006 and 2010 it is estimated that in Lewis County:



- **27.7% (+/- 8.9)** families with related children were below poverty
- **27.4% (+/- 7.3)** of those over the age of 65 were below poverty

In addition:

- **26.1% (+/- 2.5)** of those ages 18-64 did not have health insurance in 2010⁴
- **255** children on average received Kentucky Children's Health Insurance Program (KCHIP) benefits in 2010⁵
- **4,442** people received Supplemental Nutrition Assistance Program (SNAP) benefits in 2012⁶

As a result of participating in Lewis County Extension programs:²

- **105** people reported spending time in physical activity.
- **1,291** people increased their knowledge about healthy foods.
- **813** people reported eating more healthy foods.

OUR COMMUNITY

In Lewis County:

- **54.0%** of births were to mothers who received early and regular prenatal care in 2009⁷
- **42.0%** of ordered child support was collected in 2011⁸

Of the **7** primary care physicians in Lewis County:⁹

- **42.9%** are family practice
- **0.0%** are pediatricians
- **0.0%** are OB/GYN

As a result of participating in Lewis County Extension programs:²

- **352** people reported changing safety practices at home and play.
- **795** people reported accessing healthy foods from community sources.
- **626** people made food safety changes to improve health.

OUR HEALTH

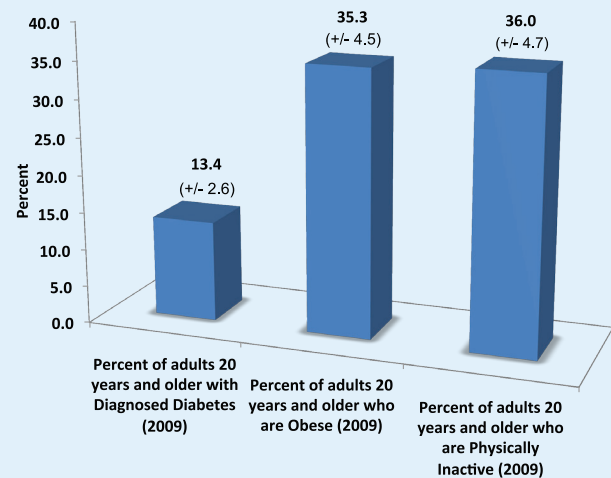
According to Kentucky Health Facts,¹⁰ between 2008 and 2010 in Lewis County:

- **21.1% (16.3 - 26.9)** did not pursue health care due to cost, compared to **18% (17.0 - 18.6)** in the state
- **26.7% (21.6 - 32.5)** of adults reported their health status as less than good, compared to **23% (22.0 - 23.6)** in the state
- **31.5% (25.5 - 38.3)** of adults reported having received a flu vaccine in the past year

As a result of participating in Lewis County Extension programs:²

- **468** people increased knowledge of diet and exercise changes to improve health.
- **313** people made diet or exercise changes to improve health.
- **920** people implemented personal health protection practices.

Health Snapshot: Lewis County¹¹



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service, Impact Reporting, FY2012
- ³ U.S. Census Bureau, 2010 American Community Survey, 5-Year Estimates
- ⁴ U.S. Census Bureau, Small Area Health Insurance Estimates
- ⁵ Kids Count Data Center, Kentucky Department for Medicaid Services
- ⁶ Kentucky Cabinet for Health and Family Services, Data Book, June 2012
- ⁷ Kids Count Data Center, Kentucky Cabinet for Health and Family Services
- ⁸ Kids Count Data Center, Kentucky Division of Child Support
- ⁹ Kentucky Health Facts, Kentucky Board of Medical Licensure
- ¹⁰ Kentucky Health Facts, Behavioral Risk Factor Surveillance System
- ¹¹ Centers for Disease Control, National Diabetes Surveillance System

<http://hes.uky.edu/StrongFamilies>